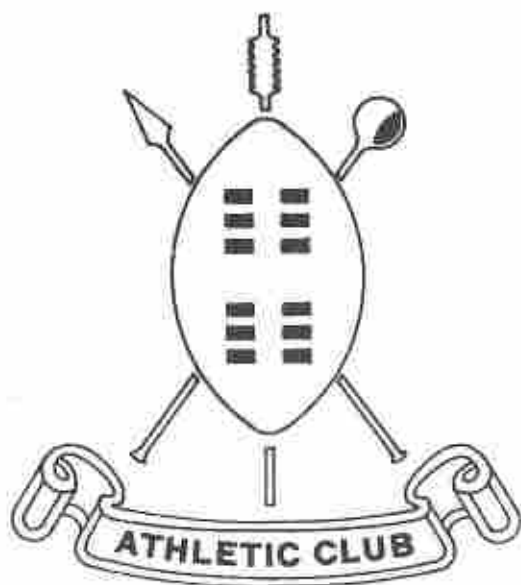


SAVAGES



NEWSLETTER

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JUNE ISSUE
SAVAGES ATHLETIC CLUB,
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DURBAN.

C O M R A D E S 1970.

The scene in front of the Durban City Hall shortly before 6 a.m. on the 30th of May was almost 800 runners milling and jostling in the middle of the road, anxiously awaiting Max Trimborn's "Cock-crow" and the signal to begin the long trek to the Capital. A record entry for the race had been keeping a troubled eye on the weather. According to the calendar winter should have arrived but it was slow in making an appearance and summer heat still persisted in the weeks prior to the race. Most runners were prepared for a rather torrid run and seconds equipped with boxes laden with ice were anticipating a hard day keeping their men mobile.

On the evidence of past races it appears that the "Scrubbers" are the people most affected by the heat and this can slow the back runners down by almost an hour. The heat has less effect on the faster boys, their main problem is avoiding dehydration and errors in pace judgement, for which they could pay dearly in hot conditions.

Our fears proved to be unfounded when the morning of the 30th dawned cooler than previous days and the lads motoring down from Maritzburg added to our elation with news of colder weather and rain further up the road. Before the start we had high hopes of perfect running weather. This proved to be the case and I am sure everyone benefitted from the good fortune.

With six wins (five consecutive), this year we were all set to attempt to win the Gunga Din Shield for an unprecedented sixth successive time. Being without the services of two of their last year scorers, Mekler and Anderson, Germiston Callies were not as strong as they were last year. In fact our club seemed as strong, if not stronger than in 1969, with

names like Bagshaw, Box, Davey, Borain and Crawley and success seemed assured. Other clubs had not posed as much of a threat in recent years and we tended to ignore a possible challenge from any other source.

Trevor Warman, Mayor of Durban, started the race after Max had crowed vigorously in an attempt to overcome the hubbub of noise and nervous stamping of feet in the final moments of inactivity. The huge phalanx of runners moved off, Bagshaw, Baker and Tarrant at the head setting a fast pace up West street. The release of pent up nervous energy prompted many people to move off too quickly, notably the leading trio who in no time were leaving the field behind. At Mayville John had dropped back a little leaving Dave and Gordon to duel between themselves. Dave was having a rough patch early on and was finding it difficult to find a good rhythm, but nevertheless, he and Gordon were running at a cracking pace. At Pinetown "Bag's" was moving smoothly and the leaders went through in 1.33 (9.6 m.p.h.) followed by Eric Henken 1.36, Dave Box, Rob Gardner and Bill Brown 1.40.

Bill de Swardt and a large group caught Henry Greyling at Cowies Hill. Henry has built a reputation for reliability and excellent pace judgement so Bill and friends decided to make use of Henry's knowledge and run just behind him for a while. It was not until they reached Botha's Hill and Bill's second informed him he was eight minutes behind schedule that he realised Henry was going through a bad patch and he should push off ahead. Moral -- use your own judgement and don't rely on another chap to pull you through.

At Drummond Dave and Gordon were still shoulder to shoulder (2.57) and seven minutes ahead of Eric (3.04) in third place. Dave Box had pulled back two minutes on Eric and was moving very strongly. Positions had changed a little further down the field and the fast pace had really spreadeagled the first twenty or so. Gordon Borain and Basil Davis, two fancied runners, both seemed to be running into rough times while Roland Davey in fifth place was going well and seemed set for a good finishing position. Bart de Jager, 20th, was much

happier than at this stage last year and even though he lost a few places later, Bart had an excellent run.

At the half-way stage we had Dave (1st), Dave (4th), Roly (5th) and Clive Crawley (16th) to give us 26 points. Collegians were pushing us with Gordon (1st), Eric (3rd) Pete van der Leeuw (11th) and Tony Tingle (17th), giving them 32 points. At the time, this threat was not appreciated by our boys, but on reflection things were not as safe as we would have thought.

The pull up Inchanga proved a little tough for Gordon who dropped back leaving Dave alone. Just as happened last year, Dave was out in front for the last twentyfive miles and faced with a long, lonely run to the tape. A few miles out of Drummond the leaders ran for a few miles in pleasantly refreshing rain before the clouds began clearing and the day, though still cool, warmed up fractionally.

Dave was leading Gordon Baker by five minutes at Malls store and he was beginning to feel the tiredness he knew was inevitable about the forty mile mark. Ken Craig's sage bit of advice comes to mind: everyone's tired at Cato Ridge so you've got to be stronger than your opponents.

Dave Box ran this stretch very fast leaving Eric five minutes behind and was fast becoming a very real threat to Gordon's precarious hold on second place. He had pulled back two minutes on the leader and with Scotty Ayres driving him on was all set to capitalise on any weakness on the part of Bagshaw.

Further down the field, Dave Jack reached Camperdown feeling very tired. His solution -- lie down and sleep for 30 minutes -- after which Dave was so refreshed he really raced the last fourteen miles.

There were few changes in positions over the closing stages of the race. Bagshaw maintained his seven minutes lead on Box who moved ahead of Baker into second place. Eric

passed Gordon up Polly Shorts, the hill that is the curse of all "up" Comrades runners. Dave Bagshaw almost came to grief on this hill. An enthusiastic, well meaning spectator in cheering Dave up Polly's soundly clapped him on the back twice for encouragement. Dave Kirkby acting as second swore loudly at this outrage and threatened the culprit who, chastened, sought refuge in his car. Meanwhile little Dave, battling to regain his breath and rhythm, battled on up the hill.

Both our Dave's finished strongly and for the second year running took the first two places and once again both were home in under six hours. Dave Bagshaw broke Mekler's 1960 "up" record by over five minutes, thus completing the astounding double of breaking both up and down records in consecutive years. Dave Box finished so full of life that he tried to emulate Abebe Bikila after the Tokyo Marathon, and performed a few loosening up exercises and jogged a little to ease the strain on tired muscles.

Two Savages, then two Collegians, Tim Blankley (5th) and Roland (6th) at long last gaining his first gold medal after many near misses. Bill Sim's fifteenth place completed our team of four and clinched the team trophy. Nevertheless our chairman's warning regarding complacency must be heeded. Collegians were only six points behind and our position proved not to be as unassailable as we would have thought prior to the start.

After their encouraging performance this year, we can expect more determined opposition from Collegians in the future. Savages will really have to look to their laurels.

Our continued success in this race is no doubt due to a good club spirit. After eight consecutive runs, Roddy Munro was unable to compete this year because of a serious eye injury sustained at work some while ago. Always a staunch club man, our ex cross-country "champ", in spite of his discomfort, turned out enthusiastically to give moral support to our boys and according to "Baggy" his ripe Scottish accent was heard at many points on the route encouraging Savages to

get a move on. For the first time in eight years Roddy did not "hurl a cat" on Comrades day.

Only two points separated the first two teams for the Binks Wellbeloved Trophy. Bart de Jagers's team proved victorious and gained this narrow victory due to the effectiveness of "Swami" Curwen's pain pills, which Malcolm Hean dispersed to Hylton Browning on finding him walking up Inchangea suffering from back ache. The effect was alarming--the pains disappeared almost immediately and the "patient" went on to beat his saviour and many other runners in the vicinity, including Ron Glokie, a member of Baggy's team, which came second.

Gerry Treloar and Alec Wainwright will be having ONE "hell of a party" in the near future because of a hare-brained bet as to which of them could run up Polly Shorts without stopping. Each bet the other a case of beers so either way, win or lose, they had two cases between them. In actual fact, both made it so they can hold heads high and claim their just reward for a great effort.

All Savages runners wish to thank seconds and supporters for all the stout work they put in on the day, helping our boys to good performances. A special thanks to Collegian Harriers for their efficient organisation and to the Provincial traffic authorities for their support and assistance resulting in the very smooth running of this race.

TIGER BALM says he blames his bad run in the Comrades on the Collegians for changing the date of the race. He worked his training schedule to hit peak form on the 1st of June and when the race was run on the 30th of May he had not reached his peak yet.

ANNIVERSARY BOOKLET

CONGRATULATIONS AND THANKS.

You have all by now received a copy of the booklet produced to commemorate the 10th anniversary of our club, and I'm sure you will all agree, it is a truly magnificent effort and has produced enthusiastic responses from all who have seen and read it, particularly people outside our club.

To achieve this involved a tremendous amount of painstaking work, research into old records, compiling facts and figures, etc., some of it rather boring and time consuming. The men who formed the team, gave unstintingly of their time and talents with the very gratifying results achieved.

To Malcolm Hean, Dave Bagshaw, Roly Davey, Dick Yeoman, Walter Smith and Ian MacNab, I would like on behalf of the club to extend our congratulations and sincere thanks for all they did - without them nothing would have been achieved. I would also like to thank all those who contributed articles and other forms of assistance. I would also like to extend our thanks to Gwyn James whose hard work on the typewriter was of so much assistance to Dave.

The response to our appeal for subs from this booklet has been very good - thank you those who have responded and a gentle reminder to those who have not - please do not leave it too long - we need the money.

Thanks in anticipation,
Gerry.

TIGER BALM says Chris Barnard does not advocate running because it is bad for his kind of business.

M I S T E R G U N G A D I N

This is the 5th time that Roland Davey has been in the Gunga Din team and this record has been equalled only once, that is by Marie Kuhn. We send Roland our heartiest congratulations.

Congratulations go to those of our members who completed their tenth Comrades and thereby keep their number in perpetuity. They are: Dave Oakley, Ron Clokie, Mike Beetar & Gordon Lindsay.

100 M I L E R.

The Centurion Runners Club will hold their 100 mile track race at Kings Park track in July. The race starts at 1.00 p.m on Friday, 31st July and competitors must book in by 12.15 that afternoon. The competitors have 24 hours to complete the 100 miles.

Entry forms and further information on this event may be obtain from Tony Tripp, telephone Bus. 341526.

Time keepers are also required for this event please.

C H R I S T M A S T R E E

A gentle reminder from Bart de Jager who is acting secretary at the moment. Please return those Childrens Christmas Tree questioners as soon as possible. They should have been returned before the end of June, but very few have been received.

As Billy de Swardt staggered across the Comrades finishing line a lady ran up and said: "Mr. de Swardt, I'm so pleased to see you, don't forget you'r fitting my carpets on Thursday; Pink in the bedroom, Gold in the lounge, you remember me, Mrs Smith from Pinetown?"

The reply.....unprintable and a roar from the crowd.

(Tiger Balm.)





Left to Right. Back: Brian Forsyth, Terry Neary, Mel O'Dwyer, Ray Bissett, Ron Clokie, Peter O'Dwyer, Trevor Stone. Front row: Dave Mason, Keith Wright and Malcolm Wright.

S T A R O F T H E M O N T H

Dave Bagshaw is our star of the month for his win in the Comrades Marathon where he broke the record.

Opposite: Dave winning this years Comrades
(Photo by The Natal Witness, Pietermaritzburg)

100 MILES - DURBAN TO PORT EDWARD.

by Keith Wright.

The idea of running 100 miles on the road over a period of two or three days was really the rebellious offspring of the 100 mile track race held at Hoy Park in October, 1968. That was what started it all. Subsequent to the "100 miles" we were discussing it, and some of us were tentatively hinting that we might be lining up at the start of the next one. I suggested to Ron Clokie that it should suit him down to the ground, nice easy pace and all day (literally) to do it in, and his initial comment is unprintable, but he added that he would sooner run from Mooi River to Durban. Many a true word is spoken in jest, and so it proved in this case. Why not a 100 mile run over several days purely for the pleasure and companionship of one's particular running pals? The attractions were obvious to the enthusiastic runners, exercise and fresh air in large quantities, lovely scenery if we could find the right route, and, at the risk of sounding corny, the satisfying of one's spirit of adventure. On this final point our spirit of adventure angle fell pretty flat for this year's run to Port Edward (the second time we have done it) when we read in the March and April Savages Newsletters of, firstly, Bruce Tulloh's trans-America run and secondly, the run down Scotland, England and Wales with some mountain climbing thrown in.

And so to the route. After a little thought we realised there was only one possible choice, the Natal South Coast; right on our doorstep and one of the most attractive scenic roads on the South African Coast. Add to this the fact that the distance from Durban to Port Edward is just over 100 miles and we needed to look no further. We decided to start the run at Durban and finish at Port Edward, rather than the other way around. By this means we would leave the heavy city traffic early on the first day and end the run on very quiet roads. For the measuring and marking of the route Ron, Grahame Hobbs and Brian Forsyth drove down to Port Edward, put the speeds on nought and then drove back to Durban marking the road every five miles with white paint and having

several narrow squeaks from Provincial Traffic Officers who came past on a number of occasions just after Grahame had finished putting the final touches to his "pavement artistry". I will give just two examples of this modern bushman's paintings which are still there for all South Coast travellers to see. The first is at 40 miles (the end of our first day's run) on a prominent rock about 200 yards past the Sezela turn-off, and the other is the 50 miles mark (complete with skull and crossbones) on the down hill stretch about $1\frac{1}{2}$ miles past the Mtwalumi hotel.

As I have said we have made this run twice, in April 1969 and April 1970, and I propose to describe the run generally from the point of view of both years, as they were very similar in that we split the run up in the same way both times, i.e. 40 miles, 34 miles and 26 miles. In 1969 the runners were Ron Clokie, Terry Neary, Brian Forsyth and myself. (Grahame Hobbs could not get leave but joined us for the last day.) This year those who ran the whole way were Ron, Brian, Malcolm Wright, Dave Mason and myself, with Terry Neary and Peter O'Dwyer joining us for the last two days and Trevor Stone for the last day. Eb Ayres, Arthur Wilkinson and Brian Bowman joined us for the second day.

The starting spot, that is 100 miles exactly from Port Edward, is on the south side of the bridge before Mobeni and we started from there at 4.30 a.m. after the usual photographs and handshakes. The monotonous Isipingo flats were crossed in pitch darkness and daylight came as we ran along the flat stretch between Athlone Park and Amanzimboti.

Our second on both occasions, Ray Bissett, who did a fantastic job throughout, was waiting for us at 'Toti where we had a second breakfast and when we left there we felt the run was really under way. The weather was warm but pleasant, although this year we faced a fairly strong southerly wind for the first two days. We regulated our pace according to the job in hand as we had no wish to finish the first day overtired, and we were thus able to keep up the usual runners' chatter and at the same time take in the scenery. Our first

real sea views were at the top of the Umgababa Hill and after that it was along by the sea for the rest of the first day, especially at Umkomeas. We stopped regularly for drinks and took as long as we felt like at stops, usually at the pull-offs where tables and seats of concrete are provided. We discovered a hill we didn't know existed on that first day in 1969. It starts about $\frac{1}{2}$ mile before Pennington turn-off and finishes at Umdoni Park. On that first occasion we told Ray to go on to the top of the hill and a mile and a half later were regretting it as we found ourselves out of the wind with the sun on our backs; this after over 46 miles. A real conversation stopper.

The second day we were on the road at 5.30 a.m. and at the nicest time of the day we ran through one of the loveliest stretches on the South Coast, the Ifafa and Mtwalumi River valleys. The peace and quietness in those lovely valleys at that early hour has to be experienced to be appreciated. They are also a perfect setting for answering the call of nature, suitable spots being very plentiful. At the 50 mile mark there is a rocky cutting at the side of the road where we breakfasted on scrambled eggs beautifully prepared by Peter O'Dwyer's wife, Mel, who had come along as an extra second and also to keep her eye on Peter. He was obviously the only one whose wife didn't trust him.

We then ran on to meet the sea again at Hibberdene and there began a stretch along by the sea which lasted right through to Ramsgate. At Hibberdene this year we experienced something which was mentioned many times subsequently. At that point we were approaching a belt of trees which were between us and the sea and suddenly from behind the trees without any sound, three Canberra jets appeared no more than 100 feet above the sea. At first we thought they were gliders they were so silent and then we recognised them and as they went on towards Durban we caught the hiss of their engines. A very impressive sight.

For me the second day was on both occasions the hardest and the third day, if anything, the easiest of the three. I

was obviously not the only one, as long before we reached the Dawn View Hotel at Shelly Beach, our second night stop, Brian Forsyth was torturing Eb Ayres with talk of fridge doors clicking and little red cans being opened. Brian also spent the entire time waving to the local Africans and shouting "Cape Town", which elicited either shouts of amazed incredulity, or more often hoots of derision.

The run on the third day is the "cherry on top of the cake" after all our striving of the first two days. The country beyond Ramsgate is largely unspoiled by man and fear may it remain so. But before we got that far we had Terry Neary pointing out to us in Margate the hotel roof on which stands the water tank wherein a body was found some months ago. Terry showed so much familiarity with the spot that we began to wonder what he was doing on the night of the murder.

And so, we eventually came to Port Edward and Wood though we were, we found ourselves deliberately dawdling over the last miles trying to make it last just a bit longer. This will, I hope, give some idea of the amount of pleasure we experienced. There was never at any time the slightest unpleasantness even when we were feeling our worst. When each day's run was over everybody did what he felt like doing (and most of us felt like lying down for a few hours), but in the evenings we would all gather together for a drink before dinner, which as can be imagined was quite a gay affair.

Hon Clokie would like to make this an annual event and so it's continued success is assured. Already the 1971 run is being discussed. For myself it has been for two years one of the highlights of the running season, and it gets you better fit for Comrades too.

F I X T U R E L I S T .

Enclosed is an amended fixture list, therefore we have no Diary for July, but not included in the new fixture list is the 100 miler, details of which can be found elsewhere in this newsletter.

L O N G S L E E V E D V E S T S .

Mrs. Hancock has enough material to make a few more of these very fine quality vests. The cost is R2.00 per vest and this is real value for money. The money made from the vests she sells goes to the Cross Country fund, so treat yourself to a fine vest and help the Cross Country funds.

A C T I N G S E C R E T A R Y .

Bart de Jager, ably assisted by his wife Mary, of 29 Hidesford Rd, Grosvenor, Telephone (H) 876305, will be handling all secretarial duties until August 15th. Bill Sim will be "out of circulation" due to studies.

N E W M E M B E R S .

To all of those who joined the club shortly before the Comrades we wish you a happy and long association within our ranks.

BINKS WELLBELOVED TROPHY.

As you know, before the Comrades teams were chosen for the Binks Wellbeloved Trophy competition which is run on the Comrades. This year the finish was particularly close with the "X" team: B. De Jager, R. Lynch, D. Mottram and H. Browning, beating the "A" team by two points.

Results were as follows:

A		B		C	
D. Bagshaw	1.	D. Box	2	R. Davey	3
R. Clokie	78	E. Ayres	78	J. Elliot	45
R. Norris	37	R. Whithers	31	B. Young	100
A. Rose	140	D. Sneedon	130	J. Wisby	38
R. Ackerman	47	W. Buchanan	-	R. Callum	<u>115</u>
	<u>163</u>		<u>241</u>		<u>206</u>
D		E		F	
G. Borain	34	G. Crawley	8	C. Chase	4.
K. Appleby	49	D. Mc Inerney	63	D. Maiden	69
J.J. Lang	52	R. Moir	18	D. Stuwig	123
A. Wilkenson	78	L. Wilcox	94	B. Bowman	78
L. Dalzell	57	J. Donald	-	D. Eggleton	<u>124</u>
	<u>192</u>		<u>183</u>		<u>274</u>
G		H		I	
A.N. Nortje	22	R. Molver	6	R. Slater	7.
G. Hobbs	101	T. Berry	27	N. Hastie	59
D. Aaron	95	D. Jack	83	R. Shackleton	-
P. Brodie	-	F. Alexander	134	R. Akal	20
K. Flint	9	R. Gatorby	<u>141</u>	A. Murray	<u>85</u>
	<u>227</u>		<u>250</u>		<u>191</u>
			<u>149</u>		
J		K		L	
W. de Swardt	13	D. Duck	10	T. Gore	16
J. Coetzee	110	B. Forsyth	78	P. O'Dwyer	50
H.C. Williams	112	C. Oglesby	66	E. Whitehorn	108
C.P. Adlam	<u>117</u>	A.D.D. Sim	118	G. Rindal	-
G. Niemand	-	A. Nielsen	<u>114</u>	McQuoid-Mason	-
	<u>352</u>		<u>272</u>		-

M		N		O		P	
F Madel	11	D Verdon	118	T Tripp	12	M Doo	-
P Adlam	127	E Dykes	56	R Yeoman	29	M Peters	-
B Rhodes	62	R Preiss	97	L Lane	33	H Lindsay	93
N Rbnheimer	126	M Beetar	137	D Phipson	-	R Tanner	105
R Main	-	D Mason	60	J McKechnie	113	P Mayooss	-
	<u>326</u>		<u>361</u>		<u>217</u>		-
Q		R		S		T	
J Joyce	21	W Sim	5	G Ford	39	D Oakley	26
C Siepman	67	R May	88	B Howard	55	V Evertson	58
G Treloar	95	E Beckerling	89	A Bremner	139	G Bevan	-
D Martin	135	R Maynard	125	A Wheeler	131	G Howell	72
A Mc Neal	-	T Hancock	74	E Hoare	102	P Howells	112
	<u>318</u>		<u>256</u>		<u>327</u>		<u>298</u>
U		V		W		"X"	
C Vorster	25	H Swanson	32	M Watkins	24	B de Jager	14
L Siepman	75	G Roper	114	P Rossouw	54	R Lynch	28
D Hurter	116	D Hazel	138	K Moulder	-	D Mottram	46
A Blackbrd	129	O Fullagers	36	C Beetar	133	H Browning	73
L Hallam	-	R Hazelhurst	122	F Grobbelr	68	E Felton	-
	<u>345</u>		<u>304</u>		<u>279</u>		<u>161</u>
Y		Z		AA		BB	
R Young	23	D Tomlinson	17	F v Hagen	40	K Craig	53
D Kay	42	A King	110	J Folkes	35	T Hean	70
N Payne	92	G Taylor	41	M Ternant	-	G Dyer	-
G Collingwood	-	L Moffat	107	G Craddock	118	G Patterson	93
A Wainwright	51	P O'Keefe	-	M Phillipot	136	G V Jones	132
	<u>208</u>		<u>185</u>		<u>329</u>		<u>348</u>
CC		DD		EE		FF	
R Morton	45	R Beythien	18	L Bemon	42	A Edgerton	30
T Goodwin	64	A Irving	71	M Hean	87	R Gibb	104
P Garfield	114	T Neary	-	R Latham	90	R Rich	127
I Neary	-	W Brown	109	C Warren	118	D v Zyl	105
J Robertson	-	E Shipton	-	L Stewart	98	P Swinney	76
	-		-		<u>317</u>		<u>315</u>
(GG) M Hennis	61	D Bousefield	99	J de Kock	103	P v Staden	121
J Tulley	77	=	340				
(HH) K Wright	44	C Tomlinson	86	D Williams	112	D Vinnecombe	-
B Willis	91	=	333				

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